

Plan Menus Kids Enjoy

USDA has established school breakfast menu requirements for the four standard menu planning systems - Traditional, Enhanced, Nutrient Standard Menu Planning (NSMP) and Assisted NSMP. These form the basic menu structure; however, fundamental planning considerations such as eye appeal and variety should not be forgotten. Even with limited cooking equipment, there are many tempting breakfast food ideas and menus to consider!



- To identify the factors that need to be considered to plan School Breakfast Program menus
- To provide tools and resources for planning a School Breakfast Program menu



Target
Audience

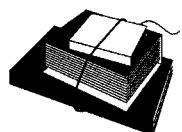
Food service manager and staff



Time

Lesson Time: 20-30 minutes

Preparation Time: 30 minutes to review the material and copy handouts



Materials

Overhead projector, flip chart or writing board

Handouts: Meal Structure for Breakfast
Menu Planning Considerations
Breakfast Food Ideas
Sample Menus

Additional resource: *A Menu Planner for Healthy School Meals*, USDA, 1998
Available from NFSMI at 800/321-3054 for \$25.00.



Script

The script on the following pages is provided for your use. Notes to you are in ***bold italics***—they are not part of the script. Handouts may be made into transparencies or copied and distributed during your presentation.



Script

We all know how important it is for students to eat breakfast every day. Our superintendent (or principal) knows this too. In fact, s/he supports starting a School Breakfast Program so we can encourage students to eat breakfast every day.

The School Breakfast Program is a federally-funded program in which all schools can participate. Like the National School Lunch Program, this program is administered by USDA and the State Department of Education. The local school district that participates in the program receives federal funds for each reimbursable meal it serves. Some states have made participation in the School Breakfast Program mandatory.

Today we will talk about the nuts and bolts of implementing and operating a School Breakfast Program. Many factors should be taken into consideration. These include menu planning, staffing, record keeping and setting prices. We don't have time to talk about all of these areas today so we'll just cover menu planning. We can discuss the other three areas at a later date.

We need to consider USDA breakfast meal plan requirements, our labor requirements and facility limitations when planning the breakfast menu. Menus should be appealing to students and include the required amount and type of food components.

We will use *(Insert name of your menu planning option)* pattern in our district. *(Display or hand out "Meal Structure for Breakfast." Discuss the selected meal pattern food components and offer versus serve.)*

As we plan menus, there are some basic principles we should follow. *(Display or hand out "Menu Planning Considerations" and discuss.)*

The menu that we plan and serve will depend on our kitchen facilities. Many school districts have found that reimbursable, nutritious breakfasts can be offered with limited cooking equipment.

One of the more efficient and least labor-intensive ways to serve breakfast is to use a self-service line or breakfast bar. Even younger students can easily select individually packaged items such as milk and cereal. The labor needed to refill and monitor a self-service line is less than that required to plate up food for students. Self-service lines



Script

only require food production staff to set up the line and monitor that there is enough food during the meal service. This type of serving line frees the staff to do other tasks such as starting food preparation for lunch. *(Invite staff to further discuss how self-service might work in their school.)*

What are some ideas you have for quick and easy breakfast menus? *(Record ideas. Display or hand out "Breakfast Food Ideas" and "Sample Menus.")* Those are some good ideas. Here are some other ideas we can use.

At our next meeting, we will talk about staffing. Starting and operating a School Breakfast Program is a multi-step process. I will need all of your ideas to make this work. We can implement a successful School Breakfast Program with your helpful suggestions.

(Don't forget to fill out an evaluation form for this lesson and mail it to your State agency.)

Meal Structure for Breakfast

Traditional/Enhanced: the following are minimum requirements for school-age students by age/grade group for each of the components.

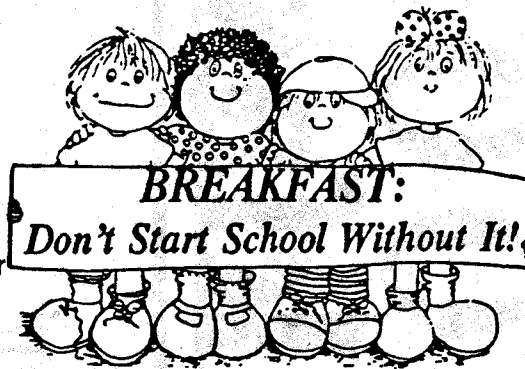
Nutrient Standard and Assisted Nutrient Standard Menu Planning: a minimum of three menu items must be offered: milk and at least two side dishes.

	Traditional	Enhanced	NSMP or Assisted NSMP
Meat/Meat Alternate and/or Grains/Breads	Grades K-12: Two servings of Meat/Meat Alternate (1 ounce per serving or ½ egg) or two servings of Grains/Breads (1 slice of bread, roll, or similar product or ½ cup cooked rice, pasta or cereal grains or ¾ cup cold breakfast cereal) or one serving of Meat/Meat Alternate and one serving of Grains/Breads	Same as traditional Optional (recommended) Grades 7-12: Same as Grades K-12 plus one additional serving of Grains/Breads	At least two menu items: may be any food items except a condiment or a food of minimal nutritional value that is not part of a menu item
100% Juice/Fruit/Vegetable	Grades K-12: ½ cup	Same as traditional	
Milk	Grades K-12: 8 oz. fluid milk as a beverage or on cereal or both	Same as traditional	Fluid milk as a beverage or on cereal or both
Offer versus Serve	Optional for senior high schools Optional for lower grades Students may decline one food item from any food component	Same as traditional	Optional for all grade levels. Students may decline a maximum of one menu item out of the three or more required menu items offered

SYCAMORE COMMUNITY SCHOOLS

1999 - 2000

Want to know one of the simplest ways to help students perform better in school? Encourage them to fuel up in the morning with a good breakfast! Lots of research completed over the last few years demonstrates that a well-balanced breakfast pays off in the classroom.



Students who eat a good breakfast concentrate better. They participate more enthusiastically. They score higher on standardized achievement tests and attendance is improved as well as less visits to the school nurse. Mornings can be hectic places at home and often students are not hungry first thing in the morning. However, after the bus ride and becoming fully awake, the hunger pangs have started. We can help by serving nutritious, kid-tested favorites for breakfast! Breakfast is also a place to meet their friends. So, come to the cafeteria before school!!!

Breakfast Menus: These will feature the same favorite menus with some variation. All are subject to change due to availability of products. Please keep this menu.

Mondays: Breakfast Pizza, Chilled Fruit or Fruit Juice, Milk

Tuesdays: Breakfast Entrée (Flapstick, Hot Pocket, Stuffed Biscuit, etc.)
Chilled Fruit or Fruit Juice, Milk

Wednesdays: Choice of Cereal, Super Donut or Toast, Milk

Thursdays: French Toast Sticks or Waffle or Pancakes w/Maple Syrup,
Sausage, Chilled Fruit or Fruit Juice, Milk

Fridays: Funnel Cake with Powdered Sugar, Chilled Fruit or Fruit Juice, Milk

What Will It Cost? The cost is \$1.00. If you qualify for free lunch, breakfast will be free also. If you qualify for reduced-price, breakfast cost is 30 cents.

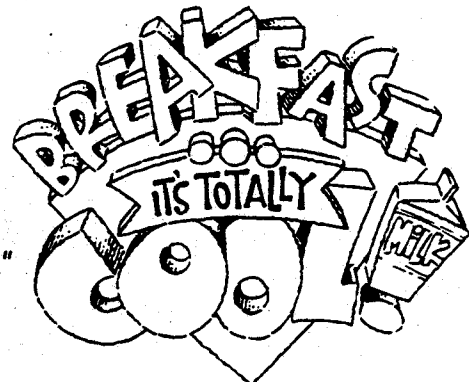
Why Breakfast?

What do kids say about school breakfast?

I eat breakfast because...

"I'm hungry!" "I need some energy."

"It makes me brainier!" "I didn't have enough time at home." "I like to visit my friends before school."



MATH

HISTORY

SCIENCE

English

BREAKFAST!

SCHOOL Breakfast

for

first-class learning!

Menu Planning Considerations

Consider the following to create an appealing menu:

- ☒ Strive for balance.
- ☒ Emphasize variety.
- ☒ Add contrast in texture, flavor, size, shape and color of foods.
- ☒ Consider eye appeal.
- ☒ Avoid repeating the same food at breakfast and lunch the same day.
- ☒ Offer choices, when possible, to increase student satisfaction and reduce food waste.
- ☒ Plan to offer choices of fruits/vegetables and/or 100% full strength juices daily which are high in Vitamin A or C.
- ☒ Offer cereals made from enriched or whole-grain wheat, corn, rice and oats and avoid presweetened cereals.
- ☒ Consider the age of your customer. Younger children like finger foods, and bite-size pieces. Older children feel quantity, as well as quality, is important.
- ☒ Include donated commodities as the meat/meat alternate as often as possible to keep the cost of purchased food low.
- ☒ Plan a cycle menu for a period of two to four weeks.
- ☒ Evaluate equipment needs for breakfast so it does not interfere with lunch production.
- ☒ Schedule personnel carefully so they can be effectively utilized to prepare and serve both breakfast and lunch.

Breakfast Food Ideas

Meat/Meat Alternate	Grains/Breads	Fruit/Vegetable	Mixed Dishes
Hard-boiled eggs	Dry cereal	Apple wedges	Toasted cheese sandwich
Sausage links or patty	Sweet rolls	Orange wedges	Cheese and egg omelet
Ham slice	Hot cereal	Banana	Peanut butter on toast
Cottage cheese	Biscuits	Grapes	Breakfast pizza
Turkey sausage	Bagels	Applesauce	Breakfast burrito
Canadian bacon	Muffins	Peaches	Cheese and egg casserole
Smokie links	Raisin toast	Pears	Egg and bagel sandwich
Peanut butter	French toast	Pineapple	Peanut butter and apples
Yogurt	Waffles	Fruit cocktail	Pancake and sausage kabob
Scrambled eggs	Pancakes	Fruit cup	
Cheese cubes	French toast sticks	Melon	
String cheese	Granola	Raisins	
	Coffee cake	Strawberries	
	Quick breads	Vegetable juice	
	Graham crackers	100% fruit juice	
	Pita	Hash browns	